

## Primary Care Clinics

### Kings & Annapolis Primary Care Clinic

**Where:** Soldiers Memorial Hospital  
462 Main Street, Middleton and  
70 Exhibition Street, Kentville

**Who:** Residents from Bridgetown  
to Aylesford without a physician  
or nurse practitioner

**When:** By appointment only

**How:** Call weekdays,  
1-866-400-0060 or 902-825-5206

### Digby and Area Primary Care Clinic

**Where:** Digby and Area Health  
Services Centre, 71 West St, Digby

**Who:** Digby County residents  
without a physician or nurse  
practitioner

**When:** By appointment only

**How:** Call 902-245-1307



For all other *Primary Care Clinic*  
locations in the Western Zone,  
visit  
[nshealth.ca/  
primarycareclinics](https://nshealth.ca/primarycareclinics)

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## MENTAL HEALTH CONCERNS?

**Call the 24-hour mental health  
crisis line at 1-888-429-8167.**

Visit [mhahelpns.ca](https://mhahelpns.ca)

for information on support and  
available services.



## Still not sure where to go?

Call 811 to speak with a registered  
nurse for health care advice,  
available 24 hours a day.

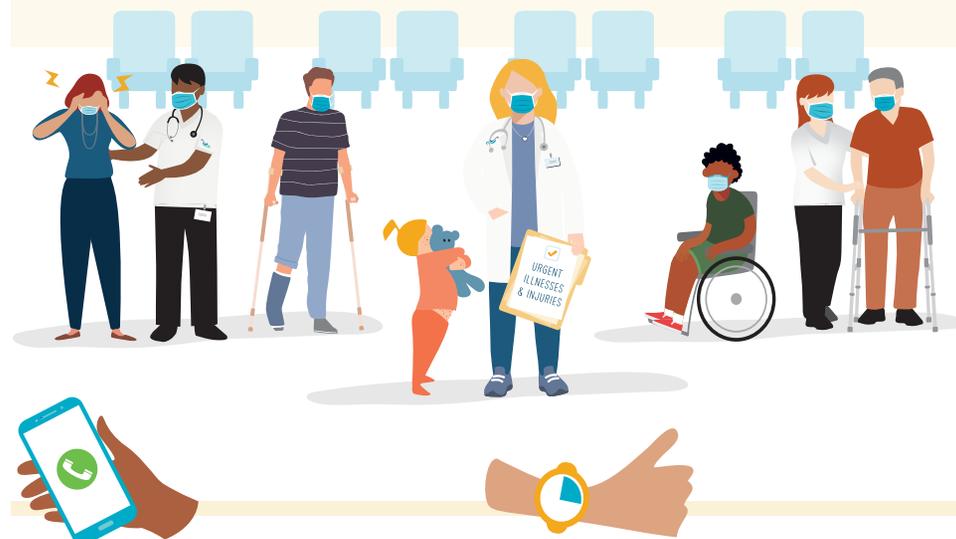
Additionally, health information  
on more than 500 topics is avail-  
able online at  
[811.NovaScotia.ca](https://811.NovaScotia.ca).

Speak with your pharmacist  
as they may be able to provide  
short-term renewals for most  
prescriptions, as well as provide  
health advice for common health  
concerns.

Take advantage of our online  
wellness sessions and information  
on healthy living. You can access  
these by visiting  
[healthynovascotia.ca](https://healthynovascotia.ca)

## Urgent Treatment Centre (UTC)

### ANNAPOLIS COMMUNITY HEALTH CENTRE



### Where?

**Urgent Treatment Centre (UTC)**  
Annapolis Community Health Centre  
821 St. George St. Annapolis Royal, NS  
To book appointment, call: **902-532-4011**  
VISIT:  
[nshealth.ca/urgenttreatmentcentre](https://nshealth.ca/urgenttreatmentcentre)  
for more information

### Hours of Operation\*

Monday - 9 a.m. to 4 p.m.  
Tuesday - 9 a.m. to 4 p.m.  
Wednesday - 9 a.m. to 4 p.m.  
Friday - 9 a.m. to 4 p.m.  
(closed holidays)

*\*Hours are subject to change.  
Visit website for up-to-date hours.*

**Phone booking lines open  
at 8:30a.m.**

**Call 911 if you are experiencing a life-threatening concern.**



## DO I NEED URGENT CARE?

The **Annapolis Urgent Treatment Centre** provides access to care for those with unexpected, but non-life-threatening health concerns with appointments offered within one to two days. **Patients will be seen by appointment only.**

Urgent treatment centres provide services not available in many doctors' offices, but are not the same as emergency departments. Urgent treatment centres offer another option for care for those who do not have a life-threatening medical emergency but require urgent treatment. Annapolis Urgent Treatment Centre is for patients with, or without a primary care provider.



## Go to the urgent treatment centre for the following:

- ✓ mild abdominal pain
- ✓ simple fractures
- ✓ limb sprains
- ✓ mild muscle strains/sprains
- ✓ mild headaches
- ✓ earaches
- ✓ minor infections
- ✓ skin and eye irritations
- ✓ mild asthma
- ✓ small lacerations
- ✓ mild mental health support
- ✓ minor respiratory issues



## DO I NEED EMERGENCY CARE?

Patients with potentially life-threatening conditions should immediately call 911. Emergency departments address the most serious and life-threatening health issues.

### Call 911 for the following:

- ✓ stroke/facial weakness
- ✓ new onset of weakness
- ✓ heart attack/chest pain or tightness
- ✓ unable to wake/unconscious
- ✓ sudden onset of severe headache or confusion
- ✓ seizure and/or severe head injury
- ✓ major assault
- ✓ severe difficulty breathing or trouble speaking
- ✓ uncontrolled or severe bleeding
- ✓ major trauma such as loss of limb or laceration
- ✓ severe allergic reaction
- ✓ severe burns

### Where?

**Digby General Hospital**  
**Soldiers Memorial Hospital**  
Middleton – emergency department open 7:30 a.m. to 1:30 p.m. daily  
**Valley Regional Hospital, Kentville**

Before visiting an Emergency Department, please check the Temporary Closure page at [nshealth.ca](https://www.nshealth.ca)

## DO I NEED PRIMARY CARE?

Your primary care provider (doctor or nurse practitioner) is where most of your health issues can and should be addressed.

### Without a Primary Care Provider?

Add your name to the *Need a Family Practice Registry* by visiting [needafamilypractice.nshealth.ca](https://www.nshealth.ca) or calling 811.

### Virtual Care NS

If you do not have a primary care provider and are registered on the *Need a Family Practice Registry*, *VirtualCareNS* may also be an option for you. For more information see [VirtualCareNS.ca](https://www.virtualcarens.ca).

### Where To Go for Health Care

A helpful guide to health services in Annapolis & Kings Counties and other regions of Nova Scotia: <https://www.nshealth.ca/wheretogoforhealthcare>

If you are not able to access virtual care, or a primary care provider, you can make an appointment at the Annapolis Urgent Treatment Centre.